

---

October 19, 2020

**Name and address of Child Care Centre**

Dear member of **Name of CCC**:

Niagara Region Public Health and Emergency Services (NRPH&ES) is writing to inform you that a member of the **Name of group** cohort of the **Name of Child Care Centre** has tested positive for Novel Coronavirus (COVID-19).

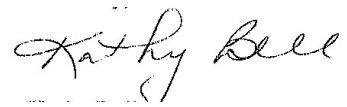
As a result of this positive case, your child is identified as someone who was potentially exposed to the virus on October 14/15 and are required to self isolate at home and away from household members (if possible) for 14 days after last exposure **until [DATE]** to monitor for any of the following signs and symptoms:

- Fever/chills
- New cough or a cough that is getting worse
- Shortness of breath (even when sitting or walking regularly)
- Sore throat
- A runny or congested nose (not from allergies)
- Unusual level of fatigue (feeling weak, tired, exhausted)
- Unusual headache
- Nausea/Vomiting, diarrhea or loss of appetite
- Feeling unwell for an known reason

COVID-19 is often very mild, and minor symptoms should not be ignored. If you have one or more of the symptoms listed above, even if they are mild, contact your health care provider or call the NRPH&ES Info Line immediately at 905-688-8248 or 1-888-505-6074, Monday to Friday from 9:15 a.m. to 8:30 p.m. Saturday and Sunday from 9:15 a.m. to 4:15 p.m.

**Name of the Child Care Centre** and NRPH&ES are committed to supporting you and protecting your health during this challenging time. It's more important than ever that we're all doing what we can to keep ourselves, our family members, and those around us healthy. Visit [niagararegion.ca/health](https://niagararegion.ca/health) for provincial guidelines, and resources for school staff, parents / guardians, students and educators.

Sincerely,

A handwritten signature in cursive script that reads "Kathy Bell".

Kathy Bell, RN, BScN, MHA  
Manager, Infectious Disease  
Clinical Services, Public Health

On behalf of **M. Mustafa Hirji**, MD MPH FRCPC  
Medical Officer of Health /Commissioner (Acting)